



Eagle Express

Phone: 413-423-3326

<http://www.erving.com>

SCHOOL WEEKLY NEWSLETTER

WINTER EDITION

ERVING, MA

DECEMBER 15, 2023



LOST & FOUND UPDATE

Lost & Found items will be on display in the main lobby until Friday, December 22nd. Please come and take a look to see if any missing items belong to your student(s).



Tuesday, Dec 19

School Committee Meeting
7:00 pm

Thursday, Dec 21

All School Sing
2:30pm

ALL ARE WELCOME!!

Friday, Dec 22

Early release for students
at 11:30am
Bagged lunch provided

Monday, Dec 25-Jan 1

Winter break

Tuesday, Jan 2

Welcome back to school in
2024



The items that remain at the end of the day, Friday, December 22nd, will be bagged up and donated to the Survival Center.



413CARES

Connecting People With Resources

413Cares.org is a community platform that connects residents of Western Massachusetts to the services they need.

Connect with key resources in these common areas of need.

[CLICK HERE](#)

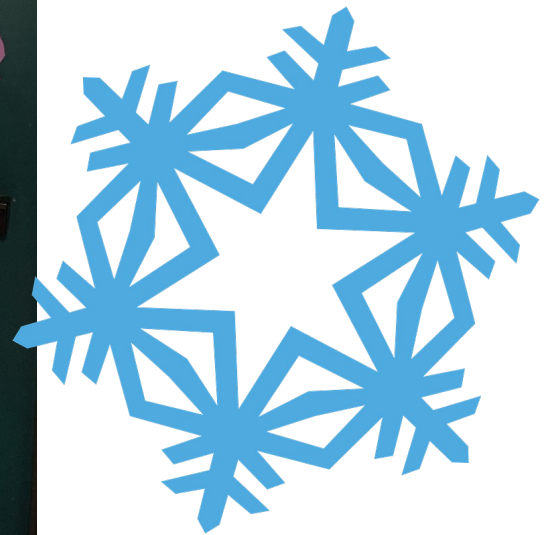
First Graders are Having "Snow" Much Fun!



First graders are getting into the holiday spirit and anxiously awaiting the first substantial snowstorm. They recently displayed their creativity with adorable paper plate snowpeople and amazingly colorful coffee filter snowflakes. They also put their structured literacy skills to the test by creating digraph snowmen using pictures and words. We hope these photos help brighten your day. Happy Holidays everyone!



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January 2024

Breakfast



Alternative	Monday	Tuesday	Wednesday	Thursday	Friday
Assorted Cereal, Fruit and Milk	1 New Year's Day No School	2 Pancakes, syrup, fresh apple & milk	3 Bagel w/cream cheese, fresh fruit & milk	4 Assorted cereal, assorted fruit cup, 100% fruit juice & milk	5 Assorted muffins, yogurt, assorted fruit cup, 100% fruit juice & milk
	8 Assorted cereal, banana & milk	9 French toast sticks, syrup, assorted fruit cup, 100% fruit juice & milk	10 Egg & cheese on an English muffin, fresh fruit & milk	11 Assorted cereal, assorted fruit cup, 100% fruit juice & milk	12 Assorted muffins, yogurt, assorted fruit cup, 100% fruit juice & milk
	15 Martin Luther King Jr. Day No School	16 Waffles, syrup, assorted fruit cup, 100% fruit juice & milk	17 Bagel w/cream cheese, fresh fruit & milk	18 Assorted cereal, assorted fruit cup, 100% fruit juice & milk	19 Assorted muffins, yogurt, assorted fruit cup, 100% fruit juice & milk
	22 Assorted cereal, banana & milk	23 Pancakes, syrup, fresh apple & milk	24 Sausage, egg & cheese on an English muffin, fresh fruit & milk	25 Assorted cereal, assorted fruit cup, 100% fruit juice & milk	26 Assorted muffins, yogurt, assorted fruit cup, 100% fruit juice & milk
	29 Assorted cereal, banana & milk	30 French toast sticks, syrup, assorted fruit cup, 100% fruit juice & milk	31 Bagel w/cream cheese, fresh fruit & milk	1 Assorted cereal, assorted fruit cup, 100% fruit juice & milk	2 Assorted muffins, yogurt, assorted fruit cup, 100% fruit juice & milk

All sandwiches are made using whole grain bread. Each lunch is served with a choice of 1% white, skim, 1% milk & low fat chocolate (children 5 & under can only be offered white milk skim or 1%). All meals are subject to change without notice.

All meals are served w/fruit. Breakfast requires grain, fruit & milk. Lunch is served with a grain, protein, fruit, vegetable & milk. If your child requires milk for a home meal the charge is .50 cents.

THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER

*WG = whole grain

*HM = homemade.

*fixings = sour cream, salsa, lettuce shredded cheese

January

Lunch



Alternative	Monday	Tuesday	Wednesday	Thursday	Friday
	1	2	3	4	5
Turkey and cheese sandwich w/fruit and veg of the day & milk	New Year's Day No School	Cheese quesadilla, corn & black bean salad, peaches & milk	Pasta w/meat sauce, carrot coins, fresh fruit & milk	Chicken patty on a wg roll, oven fries, mandarin oranges & milk	Sliced pizza, green beans, fresh fruit & milk
	8	9	10	11	12
Salad bowl w/chicken & cheese, breadstick, fruit & veg of the day & milk	Chicken nuggets, steamed brown rice, seasoned broccoli, sliced peaches & milk	Soft beef taco w/salsa, cheese, lettuce, sour cream, seasoned black beans, pineapple & milk	Ham & cheese bagel melt w/steamed carrots, diced pears & milk	Breakfast for lunch w/pancakes, syrup, home fries, turkey sausage, fresh fruit & milk	Make your own pizza, wax beans, applesauce & milk
	15	16	17	18	19
Ham & cheese sandwich w/fruit & veg of the day & milk	Martin Luther King, Jr. Day No School	Chicken fajita, salsa, sour cream, lettuce, 3 bean salad, fresh fruit & milk	Tomato soup, toasted cheese sandwich, sliced carrots, diced pears & milk	Chicken nuggets, oven fries, mandarin oranges & milk	Sliced pizza, green beans, fresh fruit & milk
	22	23	24	25	26
Egg salad sandwich w/fruit & veg of the day & milk	Seasoned chicken w/parm noodles, steamed broccoli, diced peaches & milk	Beef & cheese nachos w/sour cream & salsa, seasoned black beans, fresh fruit & milk	Garlic breadsticks w/marinara, yogurt, sliced carrots, mandarin oranges & milk	Salisbury sterak w/mashed potato, sliced bread, corn, diced pears & milk	Make your own pizza, wax beans, fresh fruit & milk
	29	30	31	1	2
Salad bowl w/a hard cooked egg, breadstick, fruit & veg of the day & milk	Chicken & gravy over noodles, steamed broccoli, apple slices & milk	Chicken & cheese quesadilla, sour cream & salsa, corn & black bean salad, fresh fruit & milk	Pasta w/meat sauce, carrot coins, fresh fruit & milk	Hamb/cheeseburger on a wg roll, oven fries, diced peaches & milk	Sliced pizza, green beans, fresh fruit & milk

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